IN THE CLAIMS:

1. (original): A method of enhancing the natural reward system for exercise, the method comprising:

administering to a patient an opiate destruction-inhibitor.

2. (original): The method of claim 1, wherein the opiate destruction-inhibitor is administered to the patient prior to exercise by the patient.

3. (original): The method of claim 1, whereby the patient's energy is increased.

4. (currently amended): The method of claim 1, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid, a D-form mono amino acid, a thiolbenzyl amino acid, a dipeptide of essential amino acids in D-form, a tripeptide of essential amino acids in D-form, an enkephalin fragment, an oligopeptide, a polypeptide, D-phenylalanine as a dipeptide with tyrosine, and DL-phenylalanine ~~DLPA~~.

5. (original): The method of claim 2, wherein the opiate destruction inhibitor is a dipeptide comprising a moiety selected from the group consisting of tyrosine and L-leucine.

6. (currently amended): The method of claim [[2]]4, wherein the thiolbenzyl amino acid is thiolbenzyl-phenylalanine.

7. (currently amended): The method of claim [[2]]4, wherein the D-form mono amino acid is D-phenylalanine ~~D-PA~~.

8. (currently amended): The method of claim [[2]]4, wherein the oligopeptide and polypeptide comprise a dipeptide selected from the group consisting of D-phenylalanine, D-leucine, and D-phenylalanine D-methionine ~~D-Phe, D-Leu, and~~

~~D-Phe D-Met~~.

9. (original): The method of claim 1, further comprising administering to the patient a neurotransmitter precursor.

10. (previously amended): The method of claim 9, wherein the neurotransmitter precursor is selected from the group consisting of a dopamine precursor, a serotonin precursor, and a GABA precursor.

11. (currently amended): The method of claim 10, wherein the dopamine precursor is selected from the group consisting of L-phenylalanine, L-dopamine, and L-tyrosine ~~L-Phe, L-dopa, and L-Tyr~~.

12. (currently amended): The method of claim 10, wherein the serotonin precursor is selected from the group consisting of 5-hydroxytryptophan and L-tryptophan ~~L-Trp~~.

13. (previously amended): The method of claim 10, wherein the GABA precursor is selected from the group consisting of L-Glutamine, L-glutamic acid, and L-glutamate.

14. (original): The method of claim 1, further comprising administering to the patient a dopamine precursor, a serotonin precursor and a GABA precursor.

15. (original): The method of claim 1, further comprising administering to the patient Ephedra.

16. (original): The method of claim 1, further comprising administering one or more cofactors.

17. (previously amended): The method of claim 16, wherein the one or more cofactors is selected from the group consisting of N-acetyl-tyrosine, coleus

forskohlii, L-glutamine, mucuna pruriens, rhodiola rosea, pregnenalone, chromium picolinate, chromium polynicotinate, L-Methionine, methylcobalamin-vitamin B12, betaine-TMG, 7-oxo-DHA, acetyl-l-carnitene, green tea catechins, and L-theanine.

18. (previously amended): The method of claim 16, wherein the cofactor enhances the natural production of an activating neurotransmitter.

19. (previously amended): The method of claim 18, wherein the activating neurotransmitter is phenylethylamine.

20. (original): The method of claim 1, wherein the opiate destruction-inhibitor is administered daily in a daily dosage of about 150 to about 15,000 mg.

21. (currently amended): The method of claim 1, wherein the opiate destruction-inhibitor is administered daily and is selected from the group consisting of hydrocinnamic acid in a daily dosage of about 200 mg, thiobenzyl-phenylalanine in a daily dosage of about 50mg – 100mg, D-phenylalanine ~~D-PA~~ in a daily dosage of about 100 to about 200 mg, and DL-phenylalanine ~~DLPA~~ as a racemic mixture of amino acids in a daily dosage of about 200 to about 400 mg.

22. (previously amended): The method of claim 9, wherein the neurotransmitter precursor is administered daily in a daily dosage of about 25mg to about 10,000 mg.

23. (previously amended): The method of claim 9, wherein the neurotransmitter precursor is administered daily and is selected from the group consisting of L-Tyrosine in a daily dosage of about 9 to about 90,000 mg, L-Tryptophan in a daily

dosage of about 100 to 5,000 mg, L-Glutamine in a daily dosage of about 100 to about 10,000 mg, and acetyltyrosine in a daily dosage of about 10 to about 500 mg.

24. (currently amended): A method of enhancing the natural reward system for exercise, the method comprising: administering to a patient D-phenylalanine, L-phenylalanine, L-tyrosine, L-tryptophan, and L-glutamine ~~D-Phe, L-Phe, L-Tyr, L-Trp and L-Gln~~.

25. (original): A composition for enhancing the natural reward system for exercise comprising an opiate destruction-inhibitor and a precursor, wherein the precursor enhances the natural production of an activating neurotransmitter, in an amount pharmaceutically effective to enhance the natural reward system of exercise.

26. (original): The composition of claim 25, wherein the composition is at least as effective as Ephedra in increasing energy in a patient.

27. (currently amended): The composition of claim 25, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid, a D-form mono amino acid, a thiolbenzyl amino acid, a dipeptide of essential amino acids in D-form, a tripeptide of essential amino acids in D-form, an enkephalin fragment, an oligopeptide, a polypeptide, D-phenylalanine as a dipeptide with tyrosine, and DL-phenylalanine ~~DLPA~~.

28. (previously amended): The composition of claim 25, wherein the opiate destruction inhibitor is a dipeptide comprising a moiety selected from the group consisting of tyrosine and L-leucine.

29. (previously amended): The composition of claim 27, wherein the thiolbenzyl

amino acid is thiolbenzyl-phenylalanine.

30. (currently amended): The composition of claim 27, wherein the D-form mono amino acid is D-phenylalanine ~~D-PA~~.

31. (currently amended): The composition of claim 27, wherein the oligopeptide and polypeptide comprise a dipeptide selected from the group consisting of D-phenylalanine, D-leucine, and D-phenylalanine D-methionine ~~D-Phe, D-Leu, and D-Phe D-Met~~.

32. (previously amended): The composition of claim 27, wherein the neurotransmitter precursor is selected from the group consisting of a dopamine precursor, a serotonin precursor, and a GABA precursor.

33. (currently amended): The composition of claim 32, wherein the dopamine precursor is selected from the group consisting of L-phenylalanine, L-dopamine, and L-tyrosine ~~L-Phe, L-dopa, and L-Tyr~~.

34. (currently amended): The composition of claim 32, wherein the serotonin precursor is selected from the group consisting of 5-hydroxytryptophan and L-tryptophan ~~L-Trp~~.

35. (previously amended): The composition of claim 32, wherein the GABA precursor is selected from the group consisting of L-Glutamine, L-glutamic acid, and L-glutamate.

36. (previouslyamended): The composition of claim 25, further comprising a dopamine precursor, a serotonin precursor and a GABA precursor.

37. (original): The composition of claim 25, further comprising Ephedra.

38. (previously amended): The composition of claim 25, further comprising one

or more cofactors.

39. (previously amended): The composition of claim 38, wherein the one or more cofactors is selected from the group consisting of N-acetyl-tyrosine, coleus forskohlii, L-glutamine, mucuna pruriens, rhodiola rosea, pregnenalone, chromium picolinate, chromium polynicotinate, L-Methionine, methylcobalamin-vitamin B12, betaine-TMG, 7-oxo-DHA, acetyl-l-carnitene, green tea catechins, and L-theanine.

40. (previously amended): The composition of claim 38, wherein the cofactor enhances the natural production of an activating neurotransmitter.

41. (previously amended): The composition of claim 40, wherein the activating neurotransmitter is phenylethylamine.

42. (previously amended): The composition of claim 25, wherein the composition comprises about 150 to about 15,000 mg of the opiate destruction-inhibitor.

43. (currently amended): The composition of claim 25, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid in an amount of about 200 mg, thiobenzyl-phenylalanine in an amount of about 25mg-100mg, D-phenylalanine ~~D-PA~~ in an amount of about 100 to about 200 mg, and DL-phenylalanine ~~DLPA~~ as a racemic mixture of amino acids in an amount of about 200 to about 400 mg.

44. (previously amended): The composition of claim 25, wherein the neurotransmitter precursor is selected from the group consisting of L-Tyrosine in an amount of about 9 to about 90,000 mg, L-Tryptophan in an amount of about 100 to 5,000 mg, L-Glutamine in an amount of about 100 to about 10,000 mg,

and acetyltyrosine in an amount of about 10 to about 500 mg.

45. (currently amended): A composition for enhancing the natural reward system for exercise consisting essentially of D-phenylalanine, L-phenylalanine, L-tyrosine, L-tryptophan, and L-glutamine ~~D-Phe, L-Phe, L-Tyr, L-Trp and L-Gln~~.